

Angel Whispers

Fall 2021

Hello to our Angel Whispers family, friends and supporters,

As I started to prepare for what I would write for our fall Angel Whispers Newsletter, with Thanksgiving around the corner, it seemed appropriate that I would write on the topic of Grief and Gratitude. For those of you early on in your grief journey and facing your first Thanksgiving without your baby, you may be struggling to celebrate a holiday focused around gratitude, a holiday traditionally spent with loved ones. It can be hard to imagine celebrating a holiday without your baby.

You may be questioning, what do I have to be thankful for when my baby has died?

Having gratitude throughout your journey can help to nourish your grieving soul. I encourage you to allow yourself a break from the intensity of the emotions of grief each day to focus on the things in life you have to be grateful for. Grief and Gratitude can co-exist in our lives, one doesn't cancel out the other. Grief is the price we pay for love, you love for a lifetime therefore you grieve for a lifetime. Know that the intensity of the emotions softens with time and sup-

port. Believe that you will heal, that your broken heart will heal around the piece of your heart that you lost the day your baby died. Healing doesn't mean that you will move on or get over your loss, healing means that you will learn to live your life alongside your grief, that you will experience joy alongside the sadness. Having a grateful heart can further help to soften the intensity of your grief.

I can tell you that there hasn't always been times in my life where I felt grateful as I have grieved profound losses in my own, including the loss of our baby girls, Loren in 1998 and Brooklynn in 2002. In the early days of my grief, gratitude would have likely been the last word I would

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Angel Whispers continues to provide support to families grieving the loss of a baby to miscarriage, stillbirth, SIDS and neonatal death.

www.angelwhispers.ca/angelwhispers

"To inspire hope & healing and offer compassion & understanding to families devastated by the loss of a baby."

Email: angelwhispersbaby-loss@gmail.com

Phone: 780-974-7054

The Angel Whispers Baby Loss Support Program is honoured and humbled to have been selected as the '**Best Family Bereavement Support Service - Edmonton Region**' by **Corporate Vision Global Business Awards 2021**. This international award recognizes the impact Angel Whispers has in inspiring hope and healing and offering compassion and understanding to families devastated by the loss of a baby.

Thank you Corporate Vision for this honour!

have used to describe how I felt. But as my grief slowly began to soften, as I intentionally mourned, I opened my heart to the beauty of the world around me and started to focus on the things in life I was grateful for. I had never been much of a journaler, it doesn't come naturally to me. I did however make a commitment to keep a gratitude journal for several months. It gave me an opportunity to focus on all the good things in my life that I was thankful for even as I was grieving. And on the days where my grief was incredibly intense, even though it was difficult to be thankful I was surrounded by things to be grateful for. Some days my gratitude journal entries were easy, some days they were not, some days I would focus on the most simple things to be thankful for, like the sunshine or my cup of coffee. But what happened over the several months that I journalled daily? My gratitude intensified as my grief continued to soften. I journeyed through my grief towards my 'new normal' and was transformed through my gratitude.

As I focus on the topic of gratitude for this newsletter edition I want to take a moment to express my sincere gratitude for our team of new Angel Whispers volunteers. As I'm sure you are aware from our past newsletters, Angel Whispers has gone through some significant changes throughout the year stemming from the agency we had been with for 14 years making the difficult decision to cut the be-

reavement program (including Angel Whispers) because of lack of sustainable funding. It is critically important to me that Angel Whispers continues, but in order to do so had to face some programming changes.

One of those changes was the a change in the format of our monthly Miscarriage, Baby Loss and Subsequent Pregnancy Meetings to becoming peer based support group meetings facilitated by Angel Whispers parents that have journeyed through their own grief. Sharing their stories and experience through grief to help newly bereaved parents is something our team of Angel Whispers volunteers is passionate about. Our Angel Whispers volunteers introduce themselves in this newsletter edition. Thank you to Cara, Meagan, Bev, Angela L., Lareina, Trina, Natasha, Sarah, Angela S. and Nav for volunteering your time to help provide support to our Angel Whispers families, I appreciate each and every one of you!

And I want to extend my gratitude to each of you reading this newsletter; if you are a bereaved parent, thank you for opening up your heart to share your story with Angel Whispers and allow us the honor to be here to support you through your grief; if you are an Angel Whispers friend or supporter, thank you for your belief in the program and for your support and donations that make it possible for our programming to continue, ensuring

that Angel Whispers can continue to provide hope and healing and offer My wish for you is that through the heaviness of your grief that you find moments of lightness within your gratitude, that along your grief journey towards finding your 'new normal' you can also be transformed through your gratitude.

With Love and Understanding,

Lori-Ann

Lori-Ann Huot
Program Coordinator
Angel Whispers Baby Loss Support Program
Cell - (780)974-7054
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www.angelwhispers.ca/angelwhispers

"To inspire hope and healing and offer compassion and understanding to broken hearted parents grieving the loss of a baby."



Meet Our Volunteers

Angela S.

I am a mom of an 8 year old daughter, junior high teacher and lover of lake life. My husband and I dealt with secondary infertility after having our daughter. That infertility led to a long 6-year journey of 2 ectopic pregnancies, 4 miscarriages, IVF and a heartbreaking failed embryo transfer. We decided after 6 years to end our journey of trying to have another baby.

I, unfortunately, did not find Angel Whispers until late into our journey and I wish I had found them so much sooner. I struggled with the isolation of miscarriage and the inability to communicate the grief that went with the loss of our hopes and dreams to complete our family. I am hoping that I can support other families that are going through similar experiences and can give them a space to share their stories.

Nav

I'm a bereaved mom to my son Jayden who was stillborn at full term in 2015. For years I was unable to share my grief with the world, due to the stigma and silence surrounding infant loss. During that time I struggled with suicidal thoughts, depression & anxiety. Today, I am stepping into my future confidently and freely sharing my experience and remembering my son with love & acceptance. I hope sharing my experience can help families heal from infant and pregnancy loss, an unspoken tragedy. In 2019, my husband and I were blessed with our rainbow baby Rose and we welcomed another baby girl Nikki in August 2021.

Bev

I have lived in Fort Saskatchewan on and off most of my life and currently raising my family here with my husband, Shawn. I started attending Angel Whispers shortly after our son, Zachary, was stillborn November 30, 2015. We had two children before who are now 6 and 7 years old, and have since had two rainbow babies who are 4 years and 8 months old. Angel Whispers was invaluable to me throughout my grief journey. I attended monthly

meetings both in the first year after Zachary's death and during my first subsequent pregnancy, along with the many other events Angel Whispers puts on. I am excited for the opportunity to be able to now give back to the baby loss community!

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2021
corporate vision
Global Business Awards

Congratulations!

Hi Lori-Ann,

I hope that you are safe and well at this time.

I am emailing you today to confirm the results have been finalised for the **Global Business Awards 2021**, hosted by **Corporate Vision**.

On behalf of **Corporate Vision**, a massive congratulations are in order as **Angel Whispers Baby Loss Support Program** has been named as:

Best Family Bereavement Support Service - Edmonton Region

Meet Our Volunteers Continued from page 3

Trina

I've been involved with the Angel Whispers program for a little over a year, starting last summer following my missed miscarriage. Being a part of the Angel Whispers program really helped us process the loss of our first pregnancy and found the community overwhelmingly supportive. We've been blessed with a second successful pregnancy and welcomed our little boy into the world this June. Through our second pregnancy, our journey was littered with anxiety and worry and I would not have been able to feel so at ease through those nine months without the support of the other moms who were going through the same emotions. It has always been important to me to give back to the community, and having used the Angel Whispers support groups I feel it is my duty to be able to help and support other moms who have gone through a loss or who are struggling with the worry involved in a pregnancy following a loss. I am looking forward to getting to know each of you and being a part of your journey!

Lareina

My baby loss journey began with the loss of my son, Kaelen, in 2009 at full-term. I remember feeling so alone and didn't know how I would ever get through my grief and live again. Then I attended an Angel Whispers meeting and felt surrounded by the warmth and love of those who had been where I was, and I was no longer alone. Since then, I have committed to making Kaelen's short life count in many ways and helping facilitate meetings for other baby loss parents is one of them. I'm honoured to have the opportunity to help you grieve, hear the story of your sweet babies and help make this dark, sad road feel less lonely.

Angela L.

I'm a mama to two littles earth side and 3 in heaven. I thrive on connecting to others, and getting to know who they are at the core! I want to be able to connect and help bridge that gap of community that so many families need. I've seen how Angel Whispers baby loss support program can help first hand and am thankful for the opportunity to give back to others!

I know that I am not the same
Grief changed my very soul
It took away the innocent belief
That life promises to stay whole

I live life more intensely
Aware of how quick it can be
That someone so very loved
Can be ripped away from me

I see life as more precious now
And though often very sad
I live life with love and gratitude
For the little time I had

~Tanya Lord~

Meagan

I've been helping where I can with the Angel Whispers program for the last 5 years. This program is dear to my heart as I personally went through my own early pregnancy losses before having my rainbow babies. This group has allowed me to personally heal, help bring awareness to pregnancy loss in our community and most importantly help support other women in their journey to finding hope again.

Cara

I have been volunteering with Angel Whispers for the last 7 years. I was referred to Angel Whispers in April of 2010 when my son Reid died during labour. The group meetings quickly became a bright spot in the months and years that followed Reid's death. After the safe arrival of my subsequent baby, I was ready to start giving back to Angel Whispers. I have worked as a co-facilitator at many group meetings and helped plan many events including the Christmas Ornament workshop. In addition to Reid, I have an older daughter who is 14 and my subsequent baby, another girl, is now 9. My husband and I are about to celebrate our 20th wedding anniversary and we have lived in Sherwood Park for 15 years.

Sarah

I'm currently a photographer and a post partum nurse. We had our daughter Elena born still at 38 weeks October 17, 2016. We consider her to be as much a blessing in our lives as our rainbow baby Eliza who was born April 2018. We are expecting our second rainbow baby this October as well. Angel Whispers was a blessing for us and really helped give us methods to cope and an outlet for us to express our joy and grief often through art and the candlelight ceremonies every October (less last October). Five years ago I couldn't even stand to hear a baby cry and now I work with them. Every journey is different but I don't think I would be where I am today in my journey without the support I've received from Lori-Ann especially in the early days of loss. I hope to help someone else one day with their journey as well.

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Meet Our Volunteers

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Natasha

I recently graduated with my degree in psychology. I am starting my masters program in counselling psychology this year. I found Angel Whispers when I experienced our miscarriage in December 2018. It was my first pregnancy and my first loss. Together we never figured out what happened. All we know is it was not a strong pregnancy. Following the miscarriage, my husband and I attended meetings regularly for about a year and a half. I am interested in giving back to an amazing group of strong families. Since our loss, I have become interested in the area of grief and providing support. The groups have a lot to offer and provide a great deal of support. I would love to be able to help someone who has to experience the grief of a miscarriage. I cannot wait to meet everyone!

In Memory of our Newly Discovered Angels

*Louis Joseph Joshua Hunt
April 22, 2021*

*Little Dumpling Ballard
July 10, 2021*

All angels can be found on our website at www.angelwhispers.ca/angelwhispers.

Please call or email us if you would like to submit your baby's name to be remembered.

If we have forgotten to remember your baby on this page, or have misspelled your angel's name, please let us know.

We've had several new families reach out to Angel Whispers for support over the past several months. Many of these families experienced the loss of their sweet babies prior to finding out the gender of their little ones. We want to acknowledge all these precious angels even though they may not have been named or have a nickname. If you would like your baby to be acknowledged with our other newly discovered angels in future newsletter editions, please know that your baby doesn't have to have a name or nickname to be included. We can use "Baby" and your last name instead. Every little life matters...regardless of gestation!



Can you Help?

Our monthly Angel Whispers Support Group Meetings (Baby Loss Support Group, Miscarriage Support Group and Subsequent Pregnancy Support Group) will be changing format to become a

parent to parent model starting in September, meaning I will be taking a step back from facilitating the meetings after 19 years and will have parent volunteers run the meetings.

The intent behind the meetings has always been for parents to connect with other parents who have experienced a similar loss to help them feel better understood and supported.



co-founders. Through the years, life led the other two co-founders in different directions and away from Angel Whispers.

As much as I have loved facilitating the meetings and sharing my own personal journey through the loss of our two angels, Loren and Brooklynn, I feel as though it is time to allow others the opportunity and honour of sharing

When Angel Whispers was founded in September 2002, support group meetings were facilitated by myself and the two other

their stories and having their journey's inspire other's healing as they grieve the loss of their sweet babies. It is important that those interested in volunteering feel as though they are in a good place in their own grief journey as hearing other's stories of loss and heartache can be difficult to hear especially when one is in a vulnerable place in their own grief.

If you feel as though you would like to become a parent-to-parent connector for our support group meetings, please feel free to reach out to me @ 780-974-7054 or angelwhisperbabyloss@gmail.com.

Rainbow Baby and Pot of Gold Birth Announcements

Charles Garrett Bladen

Born on June 21, 2021 weighing 7lbs 1oz to loving parents Trina and Ian. Charles has a sibling in heaven sending him love from above.

Evan Louie Jensen

Born on June 30, 2021 weighing 6lbs 9oz to excited parents Amy and Dave and proud big sister Emily. Evan is watched over with love by his sibling in heaven.

Nikki Scheie

Born on August 9, 2021 weighing 7lbs 13oz to proud parents Nav and Ryan and excited big sister Rose. Nikki's big brother Jayden is celebrating with the angels.

Ayla-Maze Dyck

Born on September 3, 2021 weighing 8lbs 5oz to excited parents Alyesha and Caleb. Ayla-Maze's angel siblings are watching over her from above and celebrating her safe arrival.

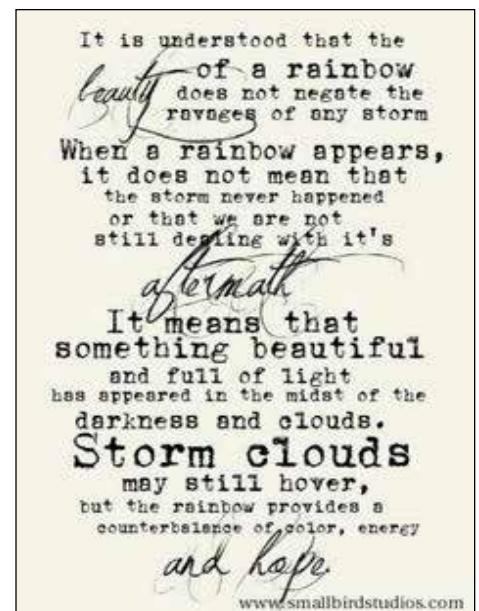
Madilyn Lilly Haliburton

Born on September 10, 2021 weighing 6lbs 13oz to proud parents Kristin and Dave and loving big brothers Oliver and Parker. Madilyn has an angel sibling watching over her from above and sending her love.

Jase Judah Zinnick

Born on September 25, 2021 weighing 6lbs 15oz to loving parents Danielle and Scott and proud big brothers Marcus and Jett. Jase is watched over and protected by his big brother Jack in heaven.

Support means I will walk with you. I will not try to change you or how you feel. I will simply be here beside you.



Thank you to Angela Loucks and Charmaine Martin for organizing the Two Mothers Fundraiser Bike, Run or Walk for a Cause in support of the Angel Whispers Baby Loss Support Program! Over \$5000 was raised to help ensure that Angel Whispers can provide ongoing support to families touched by the loss of a baby! A HUGE heartfelt thank you to Charmaine and Angela and all who supported this fundraiser and the Angel Whispers Baby Loss Support Program!

“Giving is not just about making a donation, it’s about making a difference.”

- Kathy Calvin





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- Kathy Calvin

A **HUGE Thank You** to the following individuals for their generous support of the Angel Whispers Baby Loss Support Program! Your support allows Angel Whispers to continue to provide hope and healing to families devastated by the loss of a baby.

- To Betty Dean for her ongoing support and creativity in designing our Angel Whispers newsletters!
- To Debbie Oloriz for her ongoing support with our Angel Whispers website!
- To all our Angel Whispers volunteers!
- To our Angel Whispers families who donate to the program with the gift of time, financial contributions or gifts purchased in memory of their sweet babies to be donated to families in need, your generosity and giving spirit is so greatly appreciated!
- To our Angel Whispers families that request donations from family and friends to Angel Whispers in memory of their babies!
- To Shelly Kubbernus for creating and donating Pregnancy and Infant Loss Awareness Ribbons for our Angel Whispers care packages in memory of her daughter Zoe!
- To Alberta Blue Cross Hearts of Blue for the donation of Angel Wings for our Care Packages!
- Thank you to Angel Whispers mom Amy Jensen for the donation of several miscarriage and pregnancy after loss books to our Angel Whisper resource library in memory of Baby Jensen.
- To Three Fates Soap Co. for donating 10% of their total October Sales to the Angel Whispers Baby Loss Support Program in honour of Pregnancy & Infant Loss Awareness Month. View their product line at <https://shop.threefatessoapco.com/>



Online Silent Auction Fundraiser Benefiting Angel Whispers

Stay tuned to Facebook <https://www.facebook.com/groups/163872575936086> and our website, www.angelwhispers.ca/angelwhispers for details about our silent auction starting this month! Or search 'Angel Whispers online Silent Auction'.

Our auction goes live on October 15th, Pregnancy & Infant Loss Awareness Day. The auction ends on October 22nd.

Donations of items made for the 2020 cancelled Whispers of Hope Gala (due to COVID-19) will be used for our online fundraiser!

Thank you to those that donated!

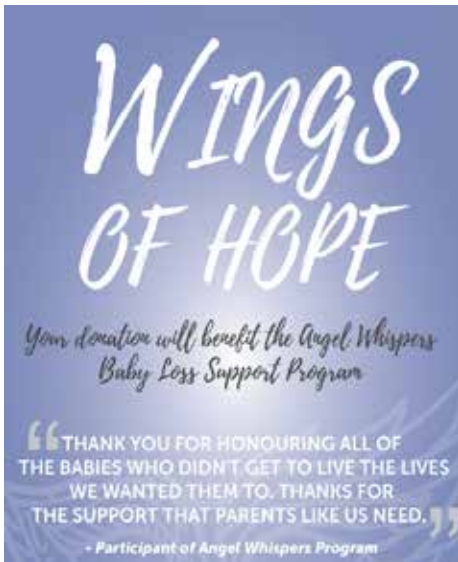
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Healing Opportunities

Dr. Alan Wolfelt - Community Grief Seminar

- April 20, 2022 (Rescheduled due to COVID-19 pandemic - previously scheduled for April 20, 2020)
- Location: Westin Hotel, 10135 - 100 Street, Edmonton

Park Memorial is proud to bring back this dynamic grief counselor and speaker to help families in their journey through grief.



Dr. Alan Wolfelt is known across North America for his inspirational teaching gifts. His compassionate messages about healing in grief—based on his own personal losses as well as his experience supporting children, teens, adults, and families over the last three decades—speak not only to the intellect but to the hearts of all who hear him. Perhaps best known for his model of “companionship” versus “treating” mourners, Dr. Wolfelt is committed to helping people mourn well so they can live well and love well.

Founder and Director of the Center for Loss and Life Transition, Dr. Wolfelt presents numerous educational workshops each year for hospices, hospitals, schools, universities, funeral homes, community groups, and a variety of other organizations. He also teaches the 4-day trainings described on this website in beautiful Fort Collins, Col-

orado. Dr. Wolfelt is a popular media resource who regularly provides his expertise to many top-tier television shows, newspapers, and magazines. Recipient of the Association for Death Education and Counseling’s Death Educator Award, Dr. Wolfelt is also a faculty member of the University of Colorado Medical School’s Department of Family Medicine.

Mourning in our culture isn’t always easy. Normal thoughts and Healing Opportunities feelings connected to loss are typically seen as unnecessary and even shameful. Instead of encouraging mourners to express themselves, our culture’s unstated rules would have them avoid their hurt and ‘be strong.’ *“But grief is not a disease. Instead, it is the normal, healthy process of embracing the mystery of the death of someone loved. If mourners see themselves as active participants in their healing, they will experience a renewed sense of meaning and purpose in life.”*

To learn more about Dr. Wolfelt, his Centre for Loss, and his extensive Resource Library, visit [http:// www.centerforloss.com/](http://www.centerforloss.com/).

Wings of Hope Donations

The Angel Whispers Baby Loss Support Program receives no contract funding. Instead, Angel Whispers relies on fundraisers, donations and community partnerships to sustain programs and supports for grieving families. To make a Wings of Hope donation to the program, please contact Lori-Ann Huot, Program Coordinator @ (780)974-7054 or angelwhispersbabyloss@gmail.com.

Healing Opportunity



Pilgrims BriarPatch Centre for Grieving Families

***Expressive Arts for Children** ages 5 to 12 years old who have experienced the death of someone they love. We offer art, music, play, puppetry and drama for our youngest mourners to explore their unique grief journey in a safe and compassionate setting. Our parent/guardian group meets concurrently for other family members.

***Expressive Arts for Teens** ages 13 to 18 years old who have experienced the death of someone they love. We offer art, music, writing and movement for our youth to explore their unique grief journey in a safe and supportive environment. A parent/guardian group meets concurrently for other family members.

* Family and individual grief counselling available.

For more information on these grief programs, contact Chy Salter-Roberts at chysr@pilgrimshospice.com or 780.413.9801 ext. #302.

Dr. Wolfelt's thoughts on gratitude... (from the Mourner's Book of Hope)

After experiencing a devastating loss, it is natural to wonder, "What could I possibly have to be grateful for right now?" After all, gratitude is something you feel when things are going well, and your time of grief is not such a time. Gratitude is what is expressed when you appreciate what is happening in your life, and appreciation is not likely something you feel in the aftermath of this loss.

Though it seems implausible to feel gratitude at the same time as grief, gratitude is present. Even though your world has been torn apart, you are surrounded by people and things that you have gratitude for. Identifying and acknowledging what we appreciate right now is more important than ever.

Take a moment to look around and discover where you can practice gratitude.

You can have gratitude even in the shadow of your grief. Practicing gratitude elicits hope. No matter what life brings, life is filled with things to appreciate.

Consider starting a daily gratitude journal to allow you to appreciate what you do have in your life despite your grief and loss.



About Dr. Alan Wolfelt Author, educator, and grief counselor



Dr. Alan Wolfelt is known across North America for his inspirational teaching gifts. His compassionate messages about healing in grief – based on his own personal losses as well as

his experience supporting children, teens, adults, and families over the last three decades – speak not only to the intellect but to the hearts of all who hear him. Perhaps best known for his model of “companionship” versus “treating” mourners, Dr. Wolfelt is committed to helping people mourn well so they can live well and love well. Founder and Director of the Center for Loss and Life Transition, Dr. Wolfelt presents numerous educational workshops each year for hospices, hospitals, schools, universities, funeral homes, community groups, and a variety of other organizations. He also teaches the 4-day trainings described on this website in beautiful Fort Collins, Colorado.

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“But grief is not a disease. Instead, it is the normal, healthy process of embracing the mystery of the death of someone loved. If mourners see themselves as active participants in their healing, they will experience a renewed sense of meaning and purpose in life.”

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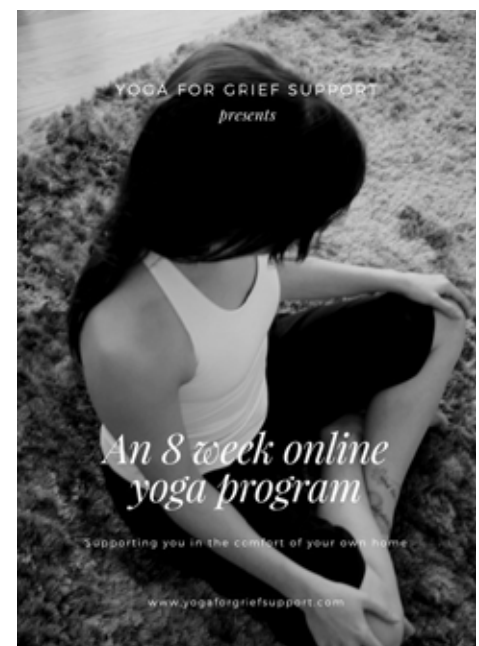
Healing Opportunity

Yoga for Grief Support

Yoga specifically designed for people who have suffered the death of a loved one.

Classes involve yoga postures, breathing and meditation along with educational and supportive topics related to bereavement support.

Guided by Sandy Ayre, an Occupational Therapist and Certified Yoga Instructor. For more information and upcoming class dates and online courses, please visit www.yogaforgriefsupport.com.



Healing Opportunities

Pregnancy and Infant Loss Awareness Day



High Level Bridge Lighting

You are invited to join fellow Angel Whispers, HEARTS & ParentCare families to recognize Pregnancy & Infant Loss Awareness Day and witness the bridge lighting along with lighting our candles together at 7 p.m. to remember our babies for the Wave of Light.

- **Date:** Friday, October 15, 2021 as long as restrictions allow - if current restrictions change and we are not allowed to gather, we encourage you to visit the bridge on your own as you honour and remember your baby(ies)
- **Location:** Ezio Farone Park, 11004-97 Ave., Edmonton
- **Time:** Dusk

Christmas Healing Hands Workshop

Traditionally each December, we plan a Saturday afternoon for our Angel Whispers families to come together to create a memorial ornament in memory of the babies that they will forever carry in their hearts. Because of the ongoing Covid pandemic, we won't be able to be together in person again for this year's workshop. Instead we will design ornament kits for families to create their memorial ornament at home. Stay tuned to Facebook or our website, www.angelwhispers.ca/angelwhispers for more information.

October 15th - International Wave of Light

At **7:00 pm** in all time zones, families around the world will light candles (and leave the candle burning for at least an hour) in memory all of the precious babies who have been lost during pregnancy or in infancy. Too many families grieve in silence, help to break the silence



Upcoming Meeting Dates:

Due to Covid-19 restrictions we are currently offering support group meetings virtually via **Google Meet**. We are uncertain when meetings will return to an in-person platform.

To receive the meeting link via email, contact Lori-Ann, Angel Whispers Program Coordinator @ 780-974-7054. Links are also posted in our Facebook groups, if you would like to be added to our private Facebook groups (Angel Whispers Baby Loss Support Group Moms, Angel Whispers Baby Loss Support Group Dads, Angel Whispers Miscarriage Support Group Families, Angel Whispers Subsequent Pregnancy Families) please contact Lori-Ann.

Baby Loss Support Group Meetings 7-8:30 p.m.

- October 3, 2021
- November 7, 2021
- December 5, 2021

Miscarriage Support Group Meetings 7-8:30 p.m.

- October 17, 2021
- November 14, 2021
- December 12, 2021

Subsequent Pregnancy Support Group Meetings 3-4 p.m.

- October 17, 2021
- November 14, 2021
- December 12, 2021

2021 Virtual Baby Steps



Walk to Remember

Date: Sunday, October 24th, 2021

Time: 2:00 P.M.

The link for the event will be published on the Baby Steps website (www.baby-stepswalk.com) and on the Baby Steps Social Media pages the day of the event. No need to download anything as the link will be a click and view format.

If you have not yet had a chance to register for the Walk this year, please visit the website (www.babystepswalk.com), go to the '2021 Registration Form' and click on the image. After you send the form, a message will pop up confirming that your form has been received. If you will not be able to view on the 24th of October but would like your baby(ies) to be remembered, please register and your little one(s) will be honored. The link for the Walk will remain available so you can view as often as you wish.